

NOVEMBER 2024

FYA WORKPLACE EDITION



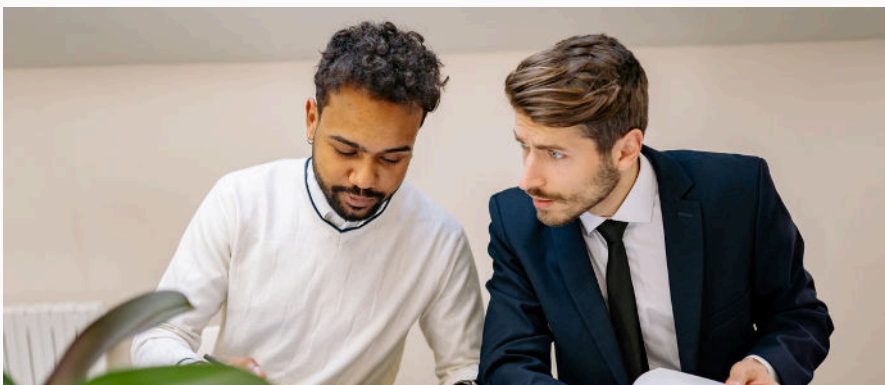
Men's Health Awareness Month

November, held during Men's Health Awareness Month in November, highlights key issues like prostate cancer, testicular cancer, mental health, and suicide prevention. Prioritising men's health in the workplace is essential, as men often neglect their wellbeing due to societal pressures.

Encouraging regular check-ups and promoting open conversations about physical and mental health can create a supportive work environment. With many men facing stress and burnout, providing mental health resources or simple activities like walk-and-talk meetings can help break the stigma. By prioritising men's health, employers contribute to a healthier, more productive workforce.

November has ways that your workplace can get involved and help raise funds for such an important cause.

[Read more here](#)



Shortlisted nominees for Active Employer award announced!

Thank you to those that nominated their workplace for this year's Essex Activity Awards. We're pleased to announce that Tendring District Council, Woodlands School in Hutton Manor and Fenn Wright are our shortlisted nominees.

Voting for our other categories opens today and will close on Sunday the 27th October at midnight.

Good luck to our Active Employers, you've all done amazing work to get your workplaces active.

[Read more here](#)





Self-Care Week 2024 - 18th-24th November

Self-Care Week (18th-24th November) is a great chance to highlight wellbeing in the workplace. This year's theme is "Mind & Body," encouraging both physical and mental health. Support employees by promoting activities like regular exercise, healthy eating, mindfulness, and stress management. Engaging in self-care can boost productivity, reduce stress, and improve overall wellness at work. To get involved, check out resources from the [Self-Care Forum](#) and encourage your team to prioritise their health this November!

Essex Wellbeing Service Essex Wellbeing Service

The Essex Wellbeing Service provides dedicated support to enhance workplace health and wellbeing. Their offerings include mental health resources, stress management strategies, and advice on fostering a healthier work environment. Through workshops, training, and tailored wellbeing programmes, they empower employers to create a supportive culture that prioritises employee wellbeing.

The service also promotes physical activity and healthy lifestyle choices, helping to reduce absenteeism and boost productivity. By addressing mental health and promoting wellness initiatives, the Essex Wellbeing Service aims to improve employee morale and satisfaction. Employers can access valuable resources and expert guidance to implement effective wellbeing strategies. For further information on how to support your team and create a healthier workplace, visit the

Read more here

